

GLCAP Sandusky County Senior Menu for May 2026

(Menu subject to change without notice.)

**Chef Salads Available Tuesdays and Thursdays

**Low concentrated desserts substituted for modified meals.

Serving Sizes:

Entrée, Meat & Casserole – 3 oz./ 8 oz.

Vegetable, Fruit & Dessert – ½ cup

Bread/Bread Alternate - 1 slice or 2 oz.

Milk – 8 oz. served with every meal

****Suggested Donation of \$3.00 per meal.**

NOTE: No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service.

NON-SENIOR GUEST/STAFF: 6.75

Monday	Tuesday	Wednesday	Thursday	Friday
4. Beef Stroganoff, Brussels Sprouts, Diced Carrots, Pears, Wheat Bread, Cookie	5. Beef Tacos, Spanish Rice, Refried Beans, Tossed Salad, Mango Salad: Garden Salad w/ Cheese Stick	6. Chicken Kiev, Scalloped Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread	7. Cheese Manicotti w/ Meat Sauce, Riviera Blend Vegetables, Tossed Salad, Peach Crisp, Garlic Bread, Chocolate Cream Pie Salad: Chef Salad w/ Turkey Ham	Box Lunch out on Thursday 5/7/26: Chicken Bacon Ranch Pasta with Sides
11. Philly Cheesesteak Meatballs, Garlic Green Beans, Potato Bites, Mandarin Oranges, Sub Bun	12. Orange Chicken over Brown Rice, Stir Fry Vegetables, Egg Roll, Orange Juice, Wheat Bread Salad: Chef Salad w/ Turkey Ham	13. Chipped Beef over Biscuit, Buttered Corn, Nantucket Blend Vegetables, Pineapple, Cottage Cheese	14. Turkey Breast, Mashed Potatoes and Gravy, Carrot Coins, Strawberries, Roll Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/14/26: Egg Salad on Croissant with Sides
18. Honey Dijon Chicken, Roasted Red Potatoes, Baked Beans, Apricots, Wheat Bread, Lemon Square	19. Kielbasa, Mashed Potatoes and Gravy, Peas and Carrots, Peaches, Wheat Bread Salad: Garden Salad w/ Cheese Stick	20. Chicken Salad on Croissant, Potato Salad, Grapes, Garden Vegetable Soup, Cookie	21. Almondine Pollock over Rice Pilaf, Butternut Squash, Asparagus, Pears, Wheat Bread Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/21/26: Roast Beef Sandwich with Sides
25. Closed Memorial Day	26. Pulled Pork on Bun, Baked Beans, Cole Slaw, Blueberry Crisp Salad: Chef Salad w/Turkey Ham	27. Chicken Tenders, Potato Wedges, Capri Blend Vegetables, Melon, Wheat Bread, Brownie	28. Birthday Day! Beef Tips and Gravy over Mashed Potatoes, Normandy Blend Vegetables, Strawberry Delight, Biscuit, Cake, Ice Cream Salad: Chef Salad w/ Chicken	Box Lunch out on Thursday 5/28/26: Italian Pasta Salad w/ Ham and Sides

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Fremont – 419-334-8383, Gibsonburg – 419-637-7947, Clyde – 419-547-8052

For Home Delivered Meal Cancellations, contact 419-332-4032. For ingredient content only, call GLCAP Food Service 419-333-1402.